



Casemate

Vol. 25, No.18

Published for the community of Fort Monroe, Va.

September 12, 2003

Monroe remembers 9/11 with 'Tolling of the Bells'

BY PATRICK BUFFETT
CASEMATE STAFF WRITER

"Three bells tolling together to represent our nation united in grief, united in memory, united in purpose.

"Three bells that represent the three locations of the events of Sept. 11: the World Trade Center, the Pentagon, and Somerset County, Pennsylvania.

"Today we remember and we pray, both individually and as a community. Today, time stands still for a moment, but hope stands for an eternity."

With those words, Col. Perry D. Allmendinger, post commander, welcomed Fort Monroe employees and their guests to the "Tolling of the Bells" service at the Chapel of the Centurion conducted Sept. 11 on the second anniversary of the terrorist attacks.

Following the brief opening remarks, 30 soldier and DA civilian volunteers from the community took turns ringing three hand bells in unison. At the completion of the service, approximately 90 minutes later, the bells had tolled 2,998 times — once for each person who has been confirmed or reported dead or was listed as missing after the attack.

"This is particularly meaningful for me because I knew Gen. (Timothy) Maude, who was killed in the

Pentagon attack," said Sgt. Tiffany Stephens, a member of U.S. Army Accessions Command here and a volunteer bell ringer.

"I'm doing this partly in his memory," she said. "And, even though it's two years later, I still think it's very important to remember what happened and reflect on it at least one day a year if not all year long."

Following the event, Joan Hammack, a volunteer bell ringer from the post's resource management office, said the "massiveness" of the moment touched her most deeply.

"Each time the bell rung I visualized a person," she said. "I pictured a mother, a father, a daughter, a son ... lost loved ones.

"When you see the number 2,998 on paper, it's just there. It doesn't seem to have a whole lot of meaning. But in those quiet moments, you could reflect on all those people. That's the thing that really hit me, the massiveness of it."

Also a volunteer, Allmendinger commented in his remarks that, "today we will stand as we have stood for the past two years and as we have stood whenever we have experienced a great tragedy or loss as a nation.

"We will stand united in memory," he added. "We will stand strong against the foe; and we will not forget."



Photo by Patrick Buffett

Sgt. Tiffany Stephens, U.S. Army Accessions Command, stands ready to participate in the "Tolling of the Bells" Sept. 11 at the Chapel of the Centurion on post.

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Guard sees 'golden opportunity' at Monroe

BY PATRICK BUFFETT
CASEMATE STAFF WRITER

Pulling duty at Fort Monroe is a golden opportunity for guardsmen like 1st Lt. Alan D. Flippin and Sgt. 1st Class Timothy M. Jones.

Here, time is an ally. The chance to conduct well-thought-out, uninterrupted training is an asset.

"What we'll accomplish in the way of training during the nine months that we're scheduled to be here could take far longer to accomplish back home," said Flippin, platoon leader for a 35-member detachment from C Company, 1st Battalion, 116th Infantry Regiment from Roanoke, Va.

"Back at the armory, the troop-leading procedures are a priority," added Jones, the platoon's senior NCO. "When you have one weekend a month to put together a training event, get everyone together and execute, task organization is critical to a successful weekend."

Fort Monroe also represents the infantry platoon's first opportunity to "stand shoulder to shoulder" with fellow soldiers who continue to fight the war against terrorism in hot spots overseas and here at home. The platoon from the 1-116th will be part of the Operation Noble Eagle force protection mission at Monroe until early May.

"No, these aren't the streets of Baghdad, but that doesn't make the mission any less important or the reason behind it any less meaningful," Jones said. "During this week in particular, you stop and realize the significance of what happened two years ago when 3,000 innocent people died for no other reason than where they happened to live and work. We were sucker punched, and I have no doubt in my mind that we should be standing here saying 'enough is enough.'"

Working alongside the 233rd Military Police
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Commentary

Chaplain's corner

After the bells are silent, hope remains

The bells are silent now. Yesterday, beginning at 8:46 a.m., volunteers from our community rang one bell for each of the 2,998 victims of the 9/11 tragedy to commemorate the second anniversary of the event. The solemn sound of the bells lingered for over an hour, forming a backdrop for prayer and reflection for others who visited the Post Chapel to pray and remember.

It was a day that needed no reminder.

A year ago, we knew there had to be something larger than life that would help bring some closure and healing to our nation. Events were planned across the country that symbolized hope, re-birth, and strength. The war on terror was fresh, and we saw the possibility of proper retribution within our grasp. But what do we do on the second anniversary, or the third? How do we continue to remember and honor the victims and the valiant of that day?

In November 1943, Congress sent a bill recommending the obser-

vance of "Armed Services Honor Day" to President Roosevelt. It called for the establishment of December 7th as a permanent day for Americans to remember the service of men and women in uniform. At the time, America was engaged in a two-front war that would not see its conclusion until 1945.

President Roosevelt vetoed the bill with the following explanation: "I consider the commemoration of the day fixed in the measure to be singularly inappropriate. December 7, two years ago, is a day that is remembered in this country as one of infamy on the part of a treacherous enemy. The day itself requires no reminder, and its anniversary should rather serve to cause all the people of the Nation to increase their efforts contributing to the successful prosecution of the war" (The American Presidency Project, www.presidency.ucsb.edu).

Roosevelt's words echo across 60 years of history and seem as appropriate now as they were then.

What I especially appreciate about the language of President Roosevelt's veto was his call for Americans to persevere under diffi-

cult times. It sounded a note of hope and certainty to a generation that faced long, arduous years in a war. He encouraged the nation to "increase their efforts contributing to the successful prosecution of the war." In essence, he reminded Americans that it was in the process of continuing forward with life that the memory of servicemen would be honored.

We remember best by living in the strength of hope. St. Paul said it effectively in reference to his own trials: "We are afflicted in every way, but not crushed; perplexed, but not driven to despair... struck down, but not destroyed" (2 Corinthians 4:8-10). This profound passage, which refers to the hope of life in Jesus Christ, can become an anchor for us as we continue to process the events and the residual effects of 9/11. Even when the bells are silent, we are left with an abiding hope in the God who was present that day, offering solace in the midst of pain.

Indeed, September 11th requires no reminder. If we never held another church service or prayer service or commemoration, we



Chaplain (Lt. Col.) David Reese
Post Chaplain

would still pause to recall the events of that day. We would still utter a silent prayer for those families and survivors whose lives were forever changed. We would still remember the sacrifices of firefighters, police and emergency medical personnel who risked and lost their lives to save others. Even when the remembrance services end, we can rest assured that God himself has not forgotten.

Nor shall we.

A 9-11 widow reflects on a visit to troops in Iraq

(Editor's Note: The author has updated this commentary from a previous version that was widely distributed. It is her account of a trip to Iraq June 2003 to visit U.S. forces there. Used by permission.)

When I told friends I was making a pilgrimage to Iraq to thank the U.S. troops, their reactions were underwhelming at best.

Some were blunt: "Why are YOU going there?" They couldn't understand why it was important for me, a 9-11 widow, to express my support for the men and women stationed today in the Persian Gulf.

The reason seemed clear, as far as I was concerned. I was going not to embrace the war, but to embrace the warriors.

I didn't intend to use the emotional capital generated by my connection to Sept. 11, 2001, to defend the U.S. presence in Iraq, and I am certainly aware there is no proof yet that Saddam Hussein was linked to 9-11. But I wanted to go there because I am the daughter of a World War II veteran who was decorated with a Purple Heart, and because I am the widow of a man who lost his life in what some feel was the opening salvo of World War III.

I wanted, needed, to honor my father and my husband, their service and sacrifice, by standing before those who were now making sacrifices

and serving our country.

Some 150,000 troops were sent halfway around the world by our government, and therefore in all of our names, to depose Saddam Hussein. Saddam's despotic regime fueled volatile anti-American sentiment that many feel is connected to terrorist attacks like the one that took place on Sept. 11, 2001.

But my friends' reactions were so politely negative that I began to doubt my role in the first USO/Tribeca Institute tour into newly occupied Iraq. Besides, with Robert De Niro, Wayne Newton, and Rebecca and John Stamos, who needed me? I'm hardly a celebrity.

Did U.S. soldiers really want to hear about my husband, Neil Levin, who went to work as director of the Port Authority of New York on Sept. 11 and never came home?

How would they relate to the two other bereaved people traveling with me — Ginny Bauer, a New Jersey homemaker and mother of three who lost her husband, David; and former Marine Jon Vigiano, who lost his only sons: Jon, a firefighter, and Joe, a policeman?

As we were choppered over the bleached deserts, I wondered if I'd feel like a street hawker, passing out Port Authority pins and baseball caps as I said "Thank you" to the troops. Would a hug from me compare to hugs from a Victoria's

Secret model, or the Dallas Cowboys cheerleaders?

The first "meet and greet" made me weep. I knew I had made the right decision, to do anything I could to support these new warriors. My own daughters are old enough to be soldiers. Here were their peers — 18-year-olds, armed with M-16s and saddlebags of water in the 120-degree heat. The soldiers swarmed around the stars for photos and autographs. Then it was announced that a trio of 9-11 family members was also in the tent.

It was as if an emotional dam had burst.

Some wanted to touch us, as if they needed a physical connection to our sorrow, and living proof of one reason they were there. One mother of two from Montana told me she'd signed up because of 9-11, and dozens of others said the same. One young man showed me his metal bracelet engraved with the name of a victim he'd never known and that awful date none of us will ever forget.

At every encounter with the troops, there was a surge of Reservists — firefighters and cops, including many who had worked in the rubble of Ground Zero — who had come to exchange a hometown hug. Their glassy eyes still didn't

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Fort Monroe Editorial Staff

Commander.....Col. Perry D. Allmendinger
Public Affairs Officer.....Nancy Popejoy
Editor.....Connie Smalls
Asst. Editors...Patrick Buffett, Patricia Radcliffe

The CASEMATE®

Building 27, Fort Monroe, VA 23651-1032; (757) 788-3520/3208/3531; email: casemate@monroe.army.mil; or FAX (757) 788-2404; Casemate Online: <http://www.monroe.army.mil/casemate/>

Casemate

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The editorial content of this publication is the responsibility of Fort Monroe Headquarters. Printed by Military Newspapers of Virginia, Inc., a private firm in no way connected with the U.S. Government under exclusive written contract with

Headquarters, Fort Monroe. Printed circulation: 5,000.

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Silver Star awardees help nation mark 9-11 anniversary

BY SPC. BILL PUTNAM

WASHINGTON (Army News Service, Sept. 10, 2003) — Five soldiers awarded the Silver Star for actions during the War on Terror say the medal isn't about their actions — it's about their units.

Army Chief of Staff Gen. Peter Schoomaker awarded the nation's third-highest medal for valor to Chief Warrant Officer Donald Tabron, Master Sgt. Patrick M. Quinn and Staff Sgt. Jeffrey Adamec at the Pentagon Sept. 10. First Sgt. Dennis Caylor and Cpl. Jeremiah C. Olsen were awarded the medal at their units, but visited Washington, D.C., to commemorate the second anniversary of the Sept. 11 terrorist attacks.

The soldiers visited Capitol Hill and the Pentagon's Memorial Chapel Sept. 10 and will help Secretary of Defense Donald Rumsfeld lay a wreath at the Tomb of the Unknowns at Arlington National Cemetery Sept. 11.

Caylor, first sergeant for Company B, 1st Battalion, 325th Parachute Infantry Regiment, said while he's "not big on ceremonies," it was a big deal for him to be in Washington, D.C., for the commemoration of Sept. 11, 2001, and the War on Terror.

"It reinforces what Sept. 11 was all about: The fight on terrorism," Caylor said of the trip. "The awards are just a small piece in this whole event of what's going on."

All three said the Silver Star medals that Schoomaker pinned on them isn't about them.

It's about what their units — from a parachute infantry company to a 12-man Special Forces Operation Detachment-Alpha — did during the war.

"Every single unit functions as a team on some level," said Adamec, a weapons sergeant in Co. C, 3rd Battalion, 3rd Special Forces Group. "Most of the awards people get, I do believe, is not just on them, it's a direct reflection on the abilities of the people around them to do their job."

"To me, it's a tribute to everything that my (detachment) did during our fighting in Iraq," said Quinn, a team sergeant in Co. A, 2nd Bn., 10th SFG. "As I wear it the rest of my life, I'll always think of the guys I was with, not what I personally did."

Quinn was awarded the medal for leading his team and a group of Kurdish militia during a battle with an Iraqi armored unit April 2-5. During the battle, Quinn's actions resulted in, among other things, the destruction of two tanks, four armored personnel carriers, 30 dead Iraqi soldiers and the seizure of 30 kilometers of ground.

Adamec destroyed four Iraqi armored personnel carriers and one enemy position with Javelin anti-tank missiles while under fire when his team attacked a fortified ridgeline in northern Iraq during the war. Those actions helped secure an intersection linking Mosul and Kirkuk, Iraq.

Now they're back from Iraq, the soldiers want

the American public beyond Fort Bragg, N.C., and Fort Carson, Colo., to understand good things are happening every day in Iraq.

"There are a ton of amazing soldiers in the Army and they're doing amazing things every-day," Quinn said. "And a lot of that story's not getting out."

Caylor said he sees a lot of negativity around the country about Iraq and the American people aren't seeing the good things happening there.

Hospitals and schools reopening are an every-day event for soldiers in Iraq, Quinn said.

"What I'd like to relay is that people need to be patient," Caylor said about the progress and conduct of the war. "As quickly as we handled the war — a minimum of casualties, a minimum of deaths — I just think we just did outstanding; they should be applauded."

The medals aren't about starting the process of Iraqi democracy, or even democracy in the Middle East, Adamec said.

The medals show the sacrifices the American soldier is willing to make to bring a better way of life to anyone around the world, he said.

"It's a testament to pretty much anyone who's served in the Army to help out somebody else," Adamec said.

Tabron is an MH-47E Chinook pilot in the 2nd Battalion, 160th Special Operations Aviation Regiment.

Olsen, is in the 2nd Battalion, 75th Ranger Regiment.

DoD reports on pneumonia investigation

BY DONNA MILES
AMERICAN FORCES PRESS SERVICE

WASHINGTON, Sept. 10, 2003 – Cigarette smoking appears to be a contributing factor in a spate of pneumonia cases in which 19 service members within the U.S. Central Command region contracted severe cases of the disease. Two of them died.

Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs, emphasized to reporters here Sept. 9 that "we do not have an epidemic," and that pneumonia rates are no higher among service members deployed to

the theater than among other healthy people in the same age group.

Between March 1 and Aug. 31, about 100 active-duty service members deployed to Southwest Asia have developed pneumonia. Of the 19 cases of severe pneumonia — meaning that the pneumonia entered both lungs and was severe enough that patients required ventilators or respirators — two of the patients became ill in March, two in April, one in May, six in June, four in July, and two in August. Thirteen of the cases occurred in Iraq, and six were in other Central Com-

mand countries, including Kuwait, Qatar, Uzbekistan, and Djibouti. All but one of the patients were male.

Winkenwerder reported the Defense Department's investigation into these cases is helping eliminate several possible causes. It shows no evidence of severe acute respiratory syndrome, known as SARS, associated with the pneumonia, and appears to rule out the possibility that the disease is spread person-to-person.

The investigation also shows no indication that anthrax or smallpox vaccines increase the risk of pneu-

monia, according to Col. Robert DeFraités from the Army Surgeon General's Office, who is spearheading the investigation.

Among the group with severe pneumonia, four had bacterial pneumonia. However, in nine of the cases of severe pneumonia experienced by service members who deployed to the theater — and in all but one of the 10 cases involving elevated levels of a particular type of white blood cell called eosinophils — the patients had recently taken up smoking.

DeFraités said the chemicals in
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9-11 (Continued from page 2)

allow anyone to penetrate to the place where their trauma is lodged, the trauma that comes with devastation unimaginable to those who didn't witness it. It's there in me, too. I forced my way downtown on that terrible morning, convinced I could find Neil beneath the rubble.

I was not prepared for the soldiers who showed us the World Trade Center memorabilia they'd carried with them into the streets of Baghdad. Others had been holding in stories of personal 9-11 tragedies that had made them enlist.

To those men and women, it didn't seem to matter that Saddam Hussein's regime had not produced the murderers of Sept. 11. Despotism like Saddam fuels the volatile anti-American sentiment that breeds such terrorism, they felt: to stabilize the Gulf region was to protect U.S. soil.

At Saddam Hussein International Airport, where Kid Rock gave an impromptu concert in a steamy hangar, Capt. Jorge Vargas from the Bronx tapped me on the back. He'd enlisted in the Army after some of his wife's best friends

were lost at the World Trade Center. When he saw the piece of recovered metal from the Towers that I had been showing to a group of soldiers, he grasped for it as if it were a grail.

Then he handed it to Kid Rock, who passed the precious metal through the 5,000 troops in the audience. They lunged at the opportunity to touch the steel that symbolized what so many of them felt was the purpose of their mission. Looking into that sea of khaki gave me chills, even in the blistering heat.

To me, those troops were there to send a message not to just one country, but to an entire region that breeds the brand of terrorism that murdered my husband and some 3,000 others.

When I got to the microphone, I told the soldiers we hadn't made the journey to hear condolences, but to thank them and to say that the families of 9-11 think of them every day. The crowd interrupted me with chants of "U.S.A.! U.S.A.! U.S.A.!" Many cried.

What happened next left me with no doubt why I had come.

There I was onstage, quaking before thou-

sands of troops because I was to present a small piece of the World Trade Center steel to Gen. Tommy Franks. As I handed him the icy gray block, his eyes welled up.

I was stunned when the proud four-star general was unable to hold back the tears, which streamed down his face as he stood at center stage before his troops. The men and women in khaki fell silent. As he turned from the spotlight to regain his composure, I put my arms around him and tried to comfort both of us with an embrace.

By Christy Ferer, Special to American Forces Press Service.

(Christy Ferer was appointed in June 2003 to the Family Advisory Board of the Lower Manhattan Development Corporation, the agency responsible for rebuilding and revitalizing Lower Manhattan, by New York Gov. George E. Pataki. She also serves as a special assistant to New York City Mayor Michael R. Bloomberg as a liaison to families affected by the Sept. 11, 2001, terrorist attacks.)

News clips

Sept. yard winners

The Office of the Post Command Sergeant Major is proud to announce the winners for September Yard of the Month:

Ingalls I — Capt. and Mrs. Robert Fago (35 Tidball St);

Reeder Circle — Sgt. 1st Class and Mrs. James Messenger (4 Pratt St.);

Commissary — Sgt. and Mrs. Shawn Kelso (38 Tidball St.);

Ingalls II — Col. and Mrs. Joseph Ozoroski (4 Ruckman Road);

Moat Officer — (no one selected);

Moat Walk — Capt. and John Kallo (21 Moat Walk); and

Monroe Apts — Mr. and Mrs. Scott Carey (346B Gulick Dr.).

New name at old club

The Bay Breeze Community Center (formerly the Fort Monroe Club) offers space for official and unofficial meetings, recreation classes and special events.

Catering, a food, beverage and entertainment activity, provides full catering and party services. Mike Robinson manages Catering and can be reached at 788-2406.

Friday's at the Fort and Sunday

Brunch are ongoing events. Maria Jackson manages recreation and special event programs. Call her at 788-3151.

For more information about the Bay Breeze Community Center or to reserve space for meetings, call Don Houchins, manager, at 788-5656.

EEO supporters to be awarded for excellence

Allmendinger invites Fort Monroe community to ceremony Sept. 19

All Fort Monroe military, civilian personnel and their family members are invited to the Equal Employment Opportunity Awards Ceremony Sept. 19, from 1:30 – 3 p.m. at the Bay Breeze Community Center (formerly the Fort Monroe Club).

Sponsored by the post EEO office and hosted by Col. Perry D. Allmendinger, post commander, the event will honor and show appreciation to those who have supported the Installation's EEO program throughout the year.

Luther L. Santiful, director of Equal Employment Opportunity and Civil Rights for the Department of the Army, will be the guest speaker. He is responsible for policy, guidance, direction, and

oversight of all plans and programs affecting equal employment opportunity for Army civilian personnel.

Individuals and organizations will be recognized for excellence in performance of their primary duties, for their outstanding support of the EEO and affirmative employment programs, for excellence in program implementation, and for contributions toward reaching EEO/affirmative employment program goals.

Also, individuals will be recognized in the areas of unit/organizational excellence, EEO leadership, EEO community support, EEO counselor of the year, EEO mediators of the year, EEO special emphasis employee of the year, EEO soldier of the year, along with two special recognition awards.

For more information, call 788-3500.

MP Report: thanks, traffic, found property

The Fort Monroe Military Police would like to thank everyone for their patience with access control and traffic pattern changes this summer during the 4th of July celebration, Hampton Cup Regatta, Sara Evans concert, and the weekly Music Under the Stars concerts.

Everyone is asked to use precautions when driving in the early morning and afternoon along school bus routes (Ingalls and Fenwick) since the new school year has started.

We are also reminding residents along Ingalls Road, Reeder Circle, and Murray Lane not to park in areas marked by yellow lines.

Ingalls Road is now closed to incoming traffic every Friday beginning at 6 p.m. until 6 a.m. the following Monday. All incoming traffic will enter the post via McNair Drive. Residents will be able to turn behind the map board to access Ingalls Road once their IDs have been checked. To facilitate this closure, the incoming left turn lane on Mercury Boulevard will be closed with delineators to merge

traffic down McNair Drive. Both Ingalls Road and McNair Drive outbound lanes will remain open.

Renovations of Building 87 are almost complete, and the Provost Marshal's Office including Vehicle Registration and the 233d MP Detachment, will move back into the building later this month or the first part of October.

The following is a list of found property that is secure in our found property locker. Rightful owners can claim their property by calling 788-2350.

The following item descriptions have been kept to a minimum so that the rightful owners can claim them.

- 1 tan, leather change purse containing various articles.
- 1 blue denim shirt
- 1 black bicycle
- 1 white, leather-type wallet containing various articles.
- 2 green coolers.
- 1 blue cooler.
- 1 blue bifold wallet containing various articles.

(Information courtesy Post PMO)

3X7 Spouse Guide

3X 3 1/2 ECPI

The Latin Ballet of Virginia to perform on post Sept. 26

Fort Monroe will feature The Latin Ballet of Virginia in observing Hispanic Heritage Month Sept. 26 at a public program starting at 2 p.m. at the post theater. Acknowledged annually from Sept. 15 through Oct. 15, the observance month allows Americans to honor the cultural diversity and unique contributions of the Hispanic community to the nation.

Admission is free and tickets are not required. A sign language interpreter will be on site.

Based in Richmond, The Latin Ballet of Virginia, a not for profit organization, promotes Hispanic heritage by teaching history and culture through dance, and performing for diverse audiences in North and South America. Founded in 1997 under the direction of Colombia, South American native, Ana Ines King, the company is comprised of eleven professional dancers from throughout the world, ten professional musicians and fifteen students that perform as the Junior Company.

Quoted in a Richmond newspaper, King said, “You have to be born with it,” explaining the passion required for Latin American dance. “You can learn it very well, but you have to feel it.”

The observance program host, Maj. Gen. Robert W. Mixon, Deputy Chief of Staff for Developments,

TRADOC, will give welcoming and closing remarks. Army Sgt. Hilario Mireles Jr. will sing the National Anthem.

King has a bachelor's degree in fine arts (dance and choreography) from the Instituto de Bellas Artes of Colombia, South America. She has more than 20 years experience teaching, directing and performing in South America and the United States.

King was awarded “Best National Choreographer” for “One Hundred Years of Solitude” in Colombia and her choreography of “Annie” for Televisa Mexico was awarded Best Children's Film of the Year.

For more information, call (757) 788-3422.

Program at Fitness Center; reservations suggested

There will be a Brown Bag Lunch Presentation, Oct. 3 from noon to 1 p.m. at the Fort Monroe Fitness Center. Robert Garcia will present a program entitled “Reflections – Growing Up in an Hispanic Family.” There will be limited seating, so please call 788-3422 (Sue Kidd) to make a reservation.

Cultural displays

Educational displays honoring Hispanic-American War heroes and Hispanic American athletes will be on exhibit at the Post Library, PX, Health Clinic and Fitness Center.



Courtesy photo

The Latin Ballet of Virginia at a recent performance.

3X10 N'TELOS

PNEUMONIA (Continued from page 3)

cigarette smoke, compounded by hot temperatures and dehydration, could potentially increase the body's susceptibility to pneumonia. DeFraites said two soldiers experienced severe pneumonia in 1997 while training in similar conditions at the Army's National Training Center in Barstow, Calif.

He said the Defense Department will continue to work with the Centers for Disease Control and the services to explore any link between tobacco use and the pneumonia. “We are investigating this further,” he said.

Meanwhile, DeFraites said the DoD investigation is “well advanced,” and that epidemiological consultation teams are about to wrap up their work in Iraq and the U.S. military hospital in Landstuhl, Germany. The teams will resume their work in the United States.

A scientist from the Centers for Disease Control and Prevention joined the consultative team at the Walter Reed Army Institute of Research and Prevention, where all information from the Germany and Iraq teams is being gathered, analyzed and evaluated.

DoD also has engaged the expertise of several members of the Armed Forces Epidemiological Board, an advisory committee of eminent civilian scientists and

physicians that is providing consultation assistance.

CDC's associate director for epidemiological science and a member of the Armed Forces Epidemiological Board, Dr. Stephen Ostroff, also is involved in the investigative review. “I have a high degree of confidence in the depth of the investigation being done to get the bottom of this and get some answers,” he said.

The investigation will include ongoing medical surveillance of the service members who have recovered from the disease, particularly those who experienced severe pneumonia. DeFraites said all have recovered from their symptoms and have been released from the hospital. One returned to duty in Southwest Asia, and the others are on duty at their home stations or on convalescent leave.

DeFraites said the Defense Department is committed to finding the answers to the pneumonia cases. “The investigation remains ongoing and we will keep an open mind to any and all possibilities,” he said.

“Although we don't have all the answers we'd like to at this point,” Winkenwerder concluded, “we are making good progress and our work will continue.”

3X14 Freedom TV



Photo by Ron Pinkoski

Todd Pfahl, Langley Air Force Base outdoor recreation manager, pours fish into the upper Big Bethel Reservoir near the boat ramp in the FamCamp area, Aug. 29.

Grass carp offers ‘environmentally friendly’ solution for invasive plants

BY GRADY WESSON
POST ENVIRONMENTAL OFFICE

More than 1,000 fish were added to the Big Bethel reservoir recently as a natural way to control invasive aquatic plants.

Fort Monroe Environmental Division, through cooperation with the Virginia Game and Inland Fishers and the United States Fish and Wildlife Service, introduced about 1,139, Grass Carp (Triploid White Amur) in the upper end of the reservoir Aug. 29.

Grass carp are native to Malaysia and were first imported by the U.S. Fish and Wildlife Service in 1963 for research in aquatic plant control. Big Bethel serves as the post’s drinking water reservoir and is also used by Langley Air Force Base for recreational boating and fishing. Over the last couple years, aquatic vegetation has become a nuisance due to heavy nitrogen enriched run off by nearby developments. The environmental division is working with local governments to educate homeowners adjacent to the reservoir about being responsible when applying fertilizers and chemicals on their properties.

One means of controlling aquatic

vegetation is by using herbicides, but since Big Bethel provides drinking water, that limits the types of chemicals that can be used without producing adverse affects on humans, animals and fish. The other is cost — about \$39,000 per application is needed to treat the upper reservoir. Post environmental is complying with Army Regulation 200-5 to minimize the use of chemicals and AR 200-1 that requires the use of biological or mechanical methods in lieu of chemicals.

The grass carp, when stocked, are approximately 12- to 14- inches in size to prevent predation. They are strictly herbivorous, but fall prey to raptors, snakes and other fish such as bass. A five-pound fish can eat up to five pounds of vegetation per day. The grass carp are not like common carp because they do not stir up the bottom mud. They feed only on plants and feed from top of plant down. They also can live up to 10 years and can grow up to 20 pounds. Once the Amur carp are stocked in the reservoir, it will take a couple of years to effectively control the nuisance aquatic vegetation. During this time, they will be closely monitored.

Army needs recruiters, warrant officers

Recruiters

Army Recruiting is seeking highly motivated and dedicated NCOs to assist in providing the strength of America’s Army. Take the challenge, and learn how to become a member of the recruiting team.

For more details, check out: www.usarec.army.mil/ recruiter or call DSN 536-0271.

Warrant officers

The Army is looking for highly motivated soldiers to fill its warrant officer ranks. Positions are open in all 45 specialties. Soldiers with less than 12 years active federal service are encouraged to apply.

For more information, visit www.usarec.army.mil/warrant or phone DSN 536-0484.

Students reap benefits from federal job opportunity

BY PATRICIA RADCLIFFE
CASEMATE STAFF WRITER

What do a soldier wannabe and a former Navy aviation specialist have in common? Both participated in the Workforce Recruitment Program at Fort Monroe that matches disabled college students with summer employment in the government. The 14-week program is co-sponsored by the Office of Disability Employment Policy, U.S. Department of Labor and DoD with DoD providing funding.

This year, Fort Monroe successfully matched three students with positions in their career fields.

“We look at their resumes and match the students with available positions. These are students with skills or majors the managers are requesting. So I try to match them to what they are going to school for,” said Lisa Mitchell human resources specialist at CPAC, who has worked with this program for three years.

As a result, one student, Brian Durham, was offered an internship.

Durham has a degenerative mobility issue that was discovered by Army doctors during his pre-enlistment physical. “I intended to join the Army right out of high school. That was all I wanted to do,” he said. But, because of a “horrible exercise” called the duck walk, his plans changed. One knee did not bend as much as the other and, after x-rays were taken, a doctor told Durham that he would not recommend his acceptance in the Army. So, he headed home and subsequently entered Old Dominion University.

Durham is now a doctoral candidate in Urban Services (management concentration), at ODU and holds a masters degree in Applied Sociology. When inquiring about positions with the Social



Photo by Patricia Radcliffe

James “Mac” Byrd (left), and Dr. Frank M. Aversano, demonstrate a circuit-board installation on Sept. 6.

Security Administration, he was told about the Workforce Recruitment Program and that his school was a participant. So, he applied, completed an assessment and began working at Fort Monroe in June.

“Now I’m here, working for the Army, not as I ever thought I’d be. And, it’s even better.”

Durham was picked up as an intern in the TRADOC EEO office, but will forego that position for an offer he received through the outstanding scholar recruitment program for a management analyst position at TRADOC. “Now I’m here, working for the Army, not as I ever thought I’d be. And, it’s even better. It’s

hard to believe, I didn’t think it would work out,” he said.

“Everything is looked at beforehand, since this is an old installation. I look at their (the students’) comments to see what kind of disability they have,” Mitchell said. She gave the example of a student being considered for placement in Deputy Chief of Staff for Training. Since the historical building does not have an elevator, she would not place a student with severe mobility concerns there.

Dr. Frank M. Aversano is the Information Systems Officer for DCST and has used the program for the past three years. Like other managers, he learned about it through an article in The Casemate and individual e-mails announcing the program’s availability each spring.

Aversano was attracted to the program because he thought it was an opportunity to do some good. “I thought it would be mutually beneficial because not only would the student benefit from having

experience in an actual setting, but it was an opportunity to get some no-cost help,” he said.

James “Mac” Byrd was hired through the program as a computer assistant and first worked with Aversano last year. “He had done so well for us that when we had the opportunity to rehire him [this year] we went for it right away,” said Aversano.

Byrd is a Navy veteran who is working on an associate’s degree in information systems technology at Tidewater Community College. When the prospect of working at Fort Monroe arose, Byrd had positive expectations. “I expected to be treated fairly. I expected to be working with people who were highly trained and people oriented because working in the world of computers you will always be working with people,” he said.

(See STUDENTS, Page 9)

2X6 Disney
on Ice

2X2 Read-
ings

2X4 National
Morgage

2X3
Kecoughtan

2X3 Hankins

Huh? Turn that up ... I can't hear it!

Audiologist at MACH answers questions about hearing loss

BY PATRICIA RADCLIFFE

CASEMATE STAFF EDITOR

Lt. Col. Albert Gass, an audiologist, is a reservist called up to active duty and is primarily based at McDonald Army Community Hospital, Preventive Medicine Service, Fort Eustis. He has additional duty at Langley Air Force Base and provides audiology services to soldiers and airmen at Langley and Forts Eustis and Monroe. "My job is to ensure soldiers are combat ready; or if they are returning from

overseas, see if they have incurred any hearing damage. I document hearing loss so that when troops prepare to retire, they can receive benefits to compensate for any loss," he said. Answers to the questions below were provided by Gass.

What are some of the warning signs of hearing loss?

Typically, the guidance we provide soldiers and family members is that if they are around noise where they have to shout to be heard, that is a sign that the noise is posing a danger. They should start adding some hearing protection.

The typical comment that is heard from a hearing-impaired individual is that no one is speaking clearly, "everyone is mumbling." "If

only people would stop mumbling, then I would hear better." Of course, people are not mumbling, they are talking the way they always have. The individual's hearing sensitivity has gotten poor.

A permanent loss occurs very slowly, over a long period of time. It is caused by "steady state" noise. Steady state noise keeps going and going and going, not giving the ears time to rest. If your ears are not resting, the structures within your sense organ start to degrade a little. You can pretty much count on being injured if your steady state noise and your proximity to it do not vary much.

For example, my dad worked in a factory for 35 years. He worked with a machine that took a piece of copper tubing and stretched it from 500 feet up to half a mile long. The copper went through the die to stretch it, which made noise; then the machine it was coiling around made more noise. When the last part of the tubing went through the die, it made a loud snap. Well, that did not change very much over time. The machine was there, my father was in the same proximity from 3 to 11 p.m. for 35 years. The same thing was going on, and on and on, so his ears really did not get any rest. Most noise-induced hearing loss occurs over a long period of time, as opposed to "single incident" type hearing loss (i.e., acoustic trauma).

Acoustic trauma is a very sudden injury. You can get that from a weapon firing or an explosion. Trauma is a more violent type of injury, it occurs much quicker than a steady-state injury.

What age group has the highest risk for hearing loss?

I think [people] from 18 to 30 years old would be at highest risk. The reason is, when people get exposed to noise and they have a recovery, they just don't think much about it. "I'm young and I recovered; it's not important." But it is a repetitive sort of thing ... when they recover over and over again, they think there is no problem.

The main reason they are so susceptible is that they expose themselves to things around the house (e.g., the lawn mower, hammer, or weed eater), then they get into their cars with big amplification systems and listen to very loud music; they are keeping themselves exposed [to loud noises].

Another thing that I have noticed is people with their walkmen. Especially, in weight lifting, I would see people with their walkmen turned up real loud to get motivated to lift weights. That's a lot of sound stimulation for your ears; especially, if your ears have been busy all day long.

How often and at what ages should hearing be tested?

For the army, it is an annual requirement regardless of the job, because everyone goes to the shoot-

ing range once a year.

During basic training, the Defense Occupational Environmental Health Readiness System examination is given. Hearing is usually tested during the first two or three days of boot camp. This is before new recruits go to the shooting range – before exposure to new hearing hazards.

How often do school-aged kids receive hearing tests?

Traditionally, examinations are for children that are being managed for other problems. That is, if a child has an earache and has not recovered from it, he is taken to a pediatrician, then to an ear, nose, and throat specialist who orders a hearing test.

If a child is not being managed for other hearing problems, typically, a parent will notice the child is turning the television or music up real loud. The parent will see a pediatrician who will determine the need for a consult to be written for TRICARE. Then, the parent will make an appointment for the child to be seen.

What is the frequency of hearing loss among children and adults?

Approximately 25 to 30 million adults are at risk for hearing loss. The number documented with hearing loss in the U.S. last year was right around 25 million, which is about 10 percent of the population. That includes people of all age groups.

What are the common types of hearing loss?

The three types of hearing loss are conductive, sensory/neural and mixed.

Conductive hearing loss is caused by an obstruction within the middle or outer ear that blocks sound entering the ear. It could be earwax or fluid behind the eardrum that is physically blocking the sound from entering the ear. If the blockage is removed, hearing is restored.

Sensory/neural hearing loss refers to damage to the sense organ itself. It could be caused by hazards from noise or damage from certain types of medicines (anti-cancer medicines have been known to be audio toxic). Environmental hazards can also cause hearing damage, like inhaling additives to certain types of fuels.

Mixed is a combination of conductive and sensory/neural hearing loss. I work in West Virginia where coal miners have worked in mines for years and years. They work around blasting and drilling ... so their sensory receptors have been damaged because of noise levels; and if earwax also builds up, their hearing is decreased even more.

What does a hearing exam entail?

The basic hearing exam includes three things:

First, we want to assess how well
(See HEARING LOSS, Page 15)

3X10 USAA

Signing event supports Pentagon memorial fund

BY DONNA MILES
AMERICAN FORCES PRESS SERVICE

WASHINGTON, Sept. 9, 2003 - Air Force Lt. Col. Pam Hodge remembers the immediate sense of calm she felt when she heard the roar of the first fully armed F-16 fighter jet to arrive at the Pentagon after the Sept. 11, 2001, terrorist attack.

“I felt like a little kid hearing his mother’s voice,” said Hodge, assigned to the Office of the Secretary of the Air Force. “All of us were so confused and so unsure of what was happening. But somehow, when I heard that engine roar overhead, I knew that everything was going to be OK. Just hearing that plane calmed me right down.”

So moved was Hodge by that moment that she joined hundreds of coworkers at the Pentagon Sept. 9 to purchase a limited-edition print of “First Pass, Defenders Over Washington,” signed by the artist, Rick Herter. The event was sponsored by Fort America, a Pentagon concession, with all proceeds to benefit the Pentagon Memorial Fund.

The painting, part of the Air Force art collection, portrays Air Force Maj. Dean Eckmann from the North Dakota National Guard’s 119th Fighter Wing as his F-16 screamed over a burning Pentagon.

Also offered for sale were signed, numbered prints of Herter’s “Ground Zero, Eagles on Station.” That painting depicts Air Force Lt. Col. (See PENTAGON, Page 16)

4X12 VERIZON WIRELESS

STUDENTS (Continued from page 7)

He also said that he anticipated being in an environment that was pretty fast paced. “DCST met all my expectations,” he said.

Byrd worked as a computer assistant providing help desk, troubleshooting and repair and a variety of other automation tasks. He worked with Aversano and others on his staff, which provided diverse experience.

“Giving the student experience, is important because that is one of the things [prospective employers] always look for when they are trying to fill a job; and, many times they (students) can’t say they have experience. It also gives them a reference, a name they can put down,” Aversano said.

“If I could hire Mac permanently, I’d give him a job today. He has proven himself over and over again. One of the things that he has going for him is a wonderful personality; he knows how to work with people. He’s friendly and that really adds to a person’s value for employment,” Aversano said.

As far as accommodations go, because he has degenerative arthritis he can’t sit or stand for a long time. “So we got him a chair and adjusted his monitor and desk height,” Aversano said. “I think it’s a wonderful program,” he added.

For more information about the Workforce Recruitment Program, contact Mitchell at 788-2083. Students may also contact the disabilities program manager at their college.

2X2 SHELTON

2X2.5 SAIT



Photos by Patrick Buffett

1st Lt. Alan D. Flippin, platoon leader for a 35-member detachment from C Company, 1st Battalion, 116th Infantry Regiment currently deployed to Fort Monroe, practices steady hold and aiming techniques during an M9 pistol qualification range Sept. 9 at Fort Eustis. The training was hosted by Monroe’s 233rd Military Police Detachment. Also pictured is Sgt. Charles Boyce of the 233rd.

GUARD (Continued from Page 1)

Detachment, Fort Monroe’s permanent security force, the infantry group is providing much-needed personnel assets for the daunting task of maintaining post access security 24-7. They’re also designated as the installation’s Quick Reaction Force – the group that would be counted on for perimeter security and defense if a serious incident were to occur.

lunge them with strenuous, innovative infantry training.” They’ve already begun linking up with the 233rd for a variety of weapons qualification ranges. It’s hoped they can give the MPs an opportunity to qualify on the M240B machine gun and the M249 squad automatic weapon — part of the standard issue for infantry platoons. “We also have a soldier who

behind. “Our unit has a history of distinguished service, from the Civil War to Omaha Beach,” Flippin said. “And this platoon is the only unit federally activated in our battalion since World War II.” “Would I stack this unit up against any reserve or active duty infantry platoon in the Army? ... Absolutely,” Jones said. “We’ve come a long way in proving to folks that the Guard is not a bunch of country cousins. In fact, the way I see it, we have one of the toughest jobs there is.” “It’s not as easy for us to pick up our rucks and go,” Jones said, “because we live in a community where that’s not an everyday occurrence. We have to ask our employers to put our jobs on hold, and go

to greater lengths to help our families understand. “But the fact that we’re able to do that ... that we have people who volunteer to do that ... is what makes it all more poignant. As I think we’ve demonstrated quite clearly since 9/11, our strength is that commitment. We’re willing to stand shoulder to shoulder regardless of the sacrifice.” Flippin and Jones offered a note of thanks to Capt. Robert Barney and the soldiers of the 233rd, and to the many employers and community support agencies back home in Roanoke and the surrounding area. Without their support, they said it would be extremely difficult for their soldiers to maintain their focus on the mission at hand.

“It’s always a likelihood that we could be the next ones in line for a mission like Iraq. That’s the one reason why it would be senseless for us to waste a great training opportunity like this.”

“What I find particularly remarkable is how quickly we were able to stand up our mission here,” Jones said. “I credit a lot of that to the 233rd. Light infantry and military police are units you’d typically find at the forward edge of the battle area, so we speak a common language as far as operations and training requirements are concerned. We get along really well.” Jones also praised his NCOs and enlisted men. “The squad leaders and team leaders know what needs to be done; the platoon leader and I have complete confidence in their abilities. It’s a dynamite team, and discovering the true versatility of these troops is just another positive aspect of this deployment.” Refocusing their attention on training, both Flippin and Jones described their near-future plans as “ambitious.” Eyeing Dog Beach on the back side of Fort Monroe, they see its potential as a training area. “The force protection mission will always be the first priority,” said Flippin, “but, to keep an infantry soldier motivated, you have to chal-

is sniper qualified,” Jones said. “That could be a great training asset for the 233rd. They, in turn, are the experts in force protection. I think there’s a lot to learn from each other.” As far as the platoon’s attitude toward training, one of the key things Flippin and Jones said they continually stress is that Fort Monroe may seem an “easy gig,” but the deployment here should be taken very seriously. “It’s always a likelihood that we could be the next ones in line for a mission like Iraq,” Flippin said. “That’s the one reason why it would be senseless for us to waste a great training opportunity like this. We need to maximize all training opportunities, whether here or during drill weekend.” When all is said and done, and this platoon from the 1-116th Infantry is on its way back to Roanoke – or perhaps one of the world’s hot spots – Jones said he hopes to leave an extremely positive impression of the National Guard, and the “Stonewall Brigade,”



Sgt. Charles Boyce of the 233rd Military Police Detachment conducts basic marksmanship training for the M9 pistol during a weapons qualification range Sept. 9 at Fort Eustis.



Summer photo contest winner

This photo is the first place winner in the Casemate newspaper's summer photo competition. It was taken by Timothy J. Rosencrants in Nova Scotia in June.

The staff would like to thank the other entrants, Yvonne Walden, Anne Hubbard, Karen Lewis and Ed Fly.

Peninsula area CFC drive begins with ‘Day of Caring’



Hope Lineberry, one of 35 volunteers from the Daily Press, plants flowers in the “Freedom Garden” at Newport News Park during the “Day of Caring,” Sept. 4.

Photos by Patrick Buffett

A “Freedom Garden” at Newport News Park to honor local military members was constructed by volunteers — most from the Daily Press — on the Day of Caring, Sept. 4.

The Day of Caring kicked off the Combined Federal Campaign of the Virginia Peninsula and the 2003 United Way Campaign. Campaign chairmen Gen. Kevin P. Byrnes, TRADOC commander, and C. Michael Petters spoke at the opening ceremony.

Servicemembers from local installations were in attendance and provided the honor guard for the ceremony. Music was provided by The U.S. Continental Army Band.

Volunteers from local installations, businesses and organizations signed up for various projects to help the needy throughout the day.

Fort Monroe will collect donations for CFC until Nov. 21. For Post CFC information, call Paul Heilman at 788-3737; for TRADOC information, call Michelle Proulx at 788-3241.



TRADOC commander, Gen. Kevin P. Byrnes, announces a \$1.8 million goal for the Peninsula CFC during the ceremony.



Right photo — Sgt. Hilario Mireles of the U.S. Continental Army Band, sings “God Bless America” during opening ceremonies for the “Day of Caring.” Mireles was accompanied by Staff Sgt. Jeanine Lewis (in photo at left).



Sports & Health

Sports Shorts

Fishing retreat

The Post Chaplains Office is sponsoring a fishing retreat for all soldiers and DA civilians on Fort Monroe, Sept. 18th from 6:30 a.m. to 2 p.m.

The excursion is limited to 30 participants. There is no cost. Everything will be provided to include fishing gear and snacks.

Employees must be on approved leave or comp time to participate. For more information, call 788-2611.

Punt, pass and kick

Fort Monroe Youth Services is hosting punt, pass and kick tryouts Sept. 16 and 17 from 4 to 5:30 p.m. at the Community Activities Center.

Top qualifiers may have a chance to compete in state, regional and national competitions, sponsored by the NFL and Pepsi.

For information, call Mike Jones at 788-3957 or email jonesma@monroe.army.mil.

Halloween Golf Classic

The 5th Annual Halloween Golf Classic, sponsored by Fort Monroe MWR, is scheduled for Oct. 21 at the Pines Golf Course on Fort Eustis.

The entry fee is \$45 per participant. Pines Golf Course members can enter for \$30. Four-person teams are required for the closest-to-the-pin competition.

Registration deadline is Oct. 17. For more information, contact the Fort Monroe Sports Office at 788-2783 or email tutsonj@monroe.army.mil.

Tidewater Wolves seeks players

The Tidewater Wolves are looking for junior (ages 13-14) football players for the 2003 season.

Registration cost is \$80 per child and a \$30 fundraising fee per family. For more information, call J.R. Johnson at 865-6902, or visit www.tidewaterwolves.com.

'Fun Day on the Bay' coming soon

The 6th Annual Fun Day on the Bay bike/walk on the Chesapeake Bay Bridge-Tunnel is scheduled for Sept. 27.

Walkers and bicyclists can begin their trek on the bridge anytime between 8 a.m. and 1 p.m. Walkers will begin from the south toll plaza in Virginia Beach. Bicyclists begin from the north toll plaza on the Eastern Shore.

There is no cost for the event, however, food donations will be collected for the Foodbank of Southeastern Virginia in an effort to "bridge the hunger gap" in Hampton Roads and on Virginia's Eastern Shore.

Further information can be found on the internet at www.cbbt.com.

Arena racing kicks off 2nd season

Hampton Roads race fans can once again get their winter racing fix at the Norfolk Scope Arena starting in October.

Season tickets are available for \$135 (adults), \$120 (senior citizens and military) and \$99 (children 14 and under). Individual race tickets are also available.

Further information can be found on the web at www.arenaracingusa.com.



Photos by Patrick Buffett

Volunteer youth soccer coach Deborah Wyllie leads warm-up exercises during a practice for the Fort Monroe "Tigers" on post Sept. 4.

Youth soccer pays coaches with smiles

BY PATRICK BUFFETT

CASEMATE STAFF WRITER

Deborah Wyllie and Maj. Charles Knapp may have two of the best paying jobs on Fort Monroe.

What she pulls in as a management analyst for the Directorate of Resource Management here, or he as a training developer for U.S. Army Cadet Command, however, doesn't even count. On a weekly basis, Wyllie and Knapp pocket the plentiful smiles of appreciative post youngsters.

Wyllie and Knapp are among the "regulars" who donate their time year after year as youth soccer coaches. As the 2003 season gets under-

way Sept. 13, you'll typically find them shouting encouragement from the sidelines both here and at Langley Air Force Base at least once or twice a week.

"Without a doubt, the greatest reward is the look on a player's face right after kicking that first goal," said Knapp, whose team of 7 and 8 year olds – the "Knights" – where undefeated last year. "That's what it's really all about. You realize you've created that spark of confidence."

Wyllie, who is coaching a fairly new squad of 4 to 6 year old "Tigers" this year, said she too sees smiles as her reward along with newfound displays of self-confidence among tots who may not have even started school.

"Actually, that's one of the reasons I started volunteering in the first place," she said. "I signed my daughter up to play, but she wouldn't leave my side. I figured if I was out there on the field she would have less of a hard time getting involved."

"It's also great exercise," Wyllie continued. "These kids have such a tremendous amount of energy. It just wouldn't be fair if we didn't have these sorts of programs to get them out and active."

Along the same lines, Knapp said it's his goal to create "even a small sliver" of interest in youth sports – be it soccer, football or softball – to get kids outdoors and out from in front of a television set and video games. "The number one thing is to have fun and not take it too seriously," he said. "And it always helps when parents show an interest. That's what will keep them out here on the playing field."

Mike Jones, youth sports director at Fort Monroe, shares the same goal, and he said he views volunteer coaches like Knapp and Wyllie as the "backbone" of that effort.

"Without volunteers, the youth program could not happen," Jones said. "The coaches also make my job a lot easier because they teach the youth how to play the game and build their skills for the sport."

"The coaches teach the youth sportsmanship, self-esteem and how to have fun," he said. "They give up a lot of their time to support the youth program because of the love they have for their children and the children of others."



Jalen Brown and Jessica Wyllie go after a ball during youth soccer practice on post Sept. 4. The youths are members of the "Tigers," who will play their first game of the season Sept. 20 at Langley Air Force Base.

Monroe ruggers place 2nd at military championships

FORT BENNING, Ga. – Two officers from Fort Monroe played in the 2003 USA Rugby National Military Club Championships held here over Labor Day weekend, helping their team to a second place finish in the annual tournament.

Maj. Michael Sorrentino, Cadet Command Recruiting and Retention Division, and Capt. Kevin Inglin, TRADOC Public Affairs, were two of 17 players on a team put together specifically for the event.

The team, called the “Kombined”-Arms Ruggers of the Mid-Atlantic, or KARMA, was made up primarily of players from the Hampton Roads area and Washington, but it did include some players from outside the Mid-Atlantic region.

“We wanted to put together a team using players from our territorial rugby union, the Mid-Atlantic Union,” Sorrentino said. “With so many people deployed right now in



“Cruise-a-Matics” player Staff Sgt. Tommy Jones, a drill sergeant school instructor at Fort Benning, goes for the goal during the U.S. Military Rugby Championship at Benning.

all of the services, we ended up having to add some players to the roster who are actually based in Alabama, Georgia and Florida because they were able to make the commute to Fort Benning.”

Eight teams competed in this year’s tournament, which usually averages more than 20 teams competing in two different divisions. The tournament is normally held the first weekend of May but was postponed this year due to Operation Iraqi Freedom.

“We knew the tournament was going to be smaller this year,” Inglin said. “We wanted to get a team together so that the tournament didn’t have to be cancelled due to lack of participants. We only found out four weeks ago that they had rescheduled the event for Labor Day weekend, so to pull a team together and take second place was a pretty good accomplishment.”

Playing under blazing conditions in the Georgia heat and humidity, KARMA started play on Saturday against the Marines from Camp Lejeune. Although the team had not played together before, they were able to cruise to a 38-0 victory.

In their second match of the day, KARMA easily outpaced an over-matched side from Scott Air Force Base 76-0. Though the team only had 17 players, the quality within the group allowed them to overcome the obstacle of not having even practiced together once.

“Just about every player on the team has been playing rugby for quite awhile,” Sorrentino said, who himself has played the game for more than 15 years. “The experience level of our team was certainly a great advantage, especially in a tournament like this.”

Several of the KARMA players had previously been selected to play

on select service teams for the Army, Air Force and Marines, Inglin said.

KARMA ended the first day of the tournament with another 38-0 victory, this time coming at the expense of the team from Fort Bragg, N.C.

The performance on day one placed KARMA in the semi-finals against Fort Benning Sunday morning.

Starting slowly, KARMA conceded their first points of the tournament as Fort Benning took an early 5-0 lead. That was the last time the host team would score, as the KARMA side found its form and once again hit the 38-point mark to secure the 38-5 win.

The semi-final win placed KARMA in the Sunday afternoon final against the U.S. Forces Europe team who had also worked through the brackets to stake a 4-0 record.

The Europe team was clearly the toughest opponent KARMA had faced, but the team from the Mid-Atlantic was still able to build a 15-0 lead by halftime. The second half, however, proved to be a different game.

The Georgia heat, and the playing of five games in two days, finally caught up with KARMA’s short roster of 17 late in the afternoon sun. The ruggers from across the water, with a roster of 25, were able to score three tries to take a 21-15 lead with seven minutes remaining.

Fighting on until the end, KARMA was able to come back to score a try with two minutes left to bring the score to 21-20, however, the conversion attempt failed and the team remained behind by a point.

KARMA had one last chance to win the game - at full time the Europe side committed a penalty 40 meters out. With no energy left to run the ball, KARMA placed their fate at the foot of a player from Maxwell Air Force Base. The kick, well struck with plenty of distance, stayed wide left by just a foot, leaving KARMA to settle for second place.

“Overall, it was an excellent weekend,” Sorrentino said.

“To put a team together, have no practices, and play five games in two days in heat above 90 degrees was quite an accomplishment in and of itself,” the native from

New Jersey said. “To place second with a chance to win on the last play made the bruises I’m sure I’ll be feeling worth it,” Sorrentino said as he rubbed a sore right knee.

Inglin said the team plans to return to the tournament next year, albeit with a little more preparation.

“We know there are a lot of military rugby players in the Mid-Atlantic region, with a little bit time to plan, we want to return with an even stronger team,” he said. “Next time, we want to come home with the championship cup.”



The team representing Fort Benning and Columbus, Ga., tackles an opponent during the military Rugby championships

Area Walks/Runs

- **Sept. 19 - 22nd Annual Larchmont R.A.T. (Race At Twilight)**
Place: Brick Field, Hampton Blvd., Norfolk.
Start time: 1-mile 5:45 p.m., boys; 1-mile 6:05 p.m., girls; 1-mile walk 6:07 p.m.; 5K run 6:30 p.m.
Registration: \$12 prior to race day; \$18 on race day.
T-Shirts: Not guaranteed to participants who are not pre-registered.
Phone: Mike O'Connor at 423-3679 or R.P. Kale at 421-2602.
- **Sept. 20 - Knights of Columbus 22nd Annual Run for Holiday House (5K).**
Place: Portsmouth
Start time: 1 mile race/walk, 8 a.m.; 5K race, 8:30 a.m.
Awards: \$1,200 in awards.
Registration: \$20 for single event, \$25 for both events.
Phone: 627-7223.
- **Sept. 26-27 - Ukrop's X-Country Festival at Maymont 5K Run.**

- Place:** Maymont Estates, Richmond.
Start time: Races begin at various times. Earliest is 4:30 p.m. Sept. 26 and 8 a.m. Sept. 27.
Awards: Top three male and female finishers. Top three finishers in 14 age groupings.
Registration: \$25 per adult and \$13 per youth (grades 1-12) participant.
T-Shirts: Guaranteed for all participants.
Phone: (804) 285-9495.
- **Sept. 27 - Wheels & Heels for Wishes 5 mile Run/Walk.**
Place: Yorktown Battlefield Loop.
Start time: 10 a.m.
Registration: \$20 per adult (18 & older); \$13 per youth (6 - 17); free per child (5 & under).
T-Shirts: Guaranteed for first 500 participants.
Phone: Beth Shaha at 456-5292.
- **Sept. 27 - Neptune Festival 8K Run.**

- Place:** 24th Street and Atlantic Ave, Virginia Beach.
Start time: Wheelchair 7:55 a.m., runners 8 a.m.
Awards: Special for first place male, female and wheelchair, top three masters (male and female) and top three in 14 age groups.
Registration: \$15 prior to Sept. 15, \$20 Sept. 16 - 27.
Phone: R.P. Kale at 421-2602.
- **Oct. 11 - Smithfield Hog Jog and Walk.**
Place: Smithfield Waterfront at Smithfield Foods Corporate Headquarters.
Start time: 9 a.m. 5K run and walk; 10 a.m. 250 meter kids run (ages 10 and under).
Awards: Top three men and women overall and top three in 11 age groups.
Registration: \$15 pre-registration (postmarked by Oct. 1) and \$18 after Oct. 1.
T-Shirts: Guaranteed for pre-regis-

- tered participants.
- **Oct. 19 - 2nd Annual Anthem Chesapeake Bay Bridge Marathon, Marathon Relay and 5K Run.**
Place: Virginia Beach Boardwalk.
Start time: 8 a.m.
Awards: Official race medal (upon crossing finish line). Over 100 division and age-group awards.
Registration: 5,000 participants will be accepted for this event. Fee is \$75.
T-Shirts: Included in race packet.
- **Oct. 19 - Run the Boardwalk with Bill Rodgers (5K).**
Place: Virginia Beach Boardwalk.
Start time: 8 a.m.
Awards: Top three men and women overall, top three male and female masters and top three in 12 age groups.
Registration: \$20 prior to Oct. 1 and \$25 after Oct. 1.
T-Shirts: Guaranteed for all racers.

Moat Notes

MWR www.monroemwr.com

Fortress Frame & Craft Shop

□ **Ceramics** – Tuesdays, 4 - 7:30 p.m. –

Join free, open workshops every Tuesday evening and learn new home decorating or gift-giving ideas. New items are in stock. Pay for supplies as you go.

□ **Stained Glass Classes** – Sept. 30, 6 - 8 p.m. – Stained glass classes meet on Tuesdays for six weeks. Beginners will complete two pieces in class and learn glass cutting, foiling, pattern preparation, terms, types of glass, and soldering. Intermediates should bring a pattern that is beyond their current skill level. Class fee is \$40 for beginners and \$50 for intermediates. Supplies are extra.

□ **Basket Weaving** – Oct. 9, 6 - 10 p.m. –

Each participant will weave a personal ID Basket. Stop by the shop and see a sample basket. Classes fill quickly. Cost is \$30.

Space is limited, so preregistration is required for all classes. Classes are held in Building 221, 100 Stillwell drive. Call 788-2728 for more information.

On Post

CCC upcoming event

Join the Casemate Community Connection for the following event:

Fall Bazaar — Nov. 15, 10 a.m. to 5 p.m. — CCC is currently looking for vendors to include in this event, including those who make crafts, jewelry, baskets, furniture and holidays items.

All profits from the bazaar, which will be held at the CAC, will go into the CCC Welfare Fund to help support scholarships and community services and organizations.

Table space is \$60 for an 8x10 area with an electric outlet if needed. Please contact Marie Hinton at 788-4344 or 833-6167 for more information and to apply for table space.

The event is free and open to the public.

More information on the Casemate Community Connection may be found at: www.monroeccc.com.

Toddler Time playgroup

The Soldier and Family Support Center will sponsor a “Toddler Time” play morning beginning Sept. 15. This playgroup will meet weekly on Mondays (except on holidays) from 9:30 – 10:30 a.m. in the gymnasium of the Community Activities Center. All children under the age of 6 are welcome. Tents, tunnels, balls, pull toys, and other fun things are available for the children to use.

Toddler Time is designed to help children develop their social skills by providing unstructured playtime. It can lead to new friendships for the participating kids and their parents. Toddler Time is open to active duty service members, family members, DA Civilians, and retirees.

To register, call Anne Shanks, Family Advocacy Program Education Specialist, at 788-3511/3878 or shanksap@monroe.army.mil.

Yard Sale on the Fort

Clean out the garage and find a new owner for those collectibles and bargains. Outdoor recreation will sponsor a Fort Monroe yard sale Sept. 27 from 9 a.m. to 2 p.m. Residents of Fort Monroe can sell items from their homes, and there is no need to advertise.

Pre-paid registration of \$5 is required. Everyone may root through objects d’art, but proper identification is required to drive on the fort.

For more information, call 788-4305.

Thrift Shop news

The Fort Monroe Thrift Shop has been restocked with new TSP (thrift shop property) and red tag items. There are also new consignments.

Consignments are accepted Tuesdays and Fridays from 10 a.m.-1 p.m. Fall and winter clothing items may be consigned. No spring or summer items can be accepted. Please call before bringing any large items to be sure there is room.

There is always a need for volunteers. Any age or gender is welcome. Volunteers help keep the shop open and operating. Monies generated go toward scholarships and welfare activities pertaining to Fort Monroe.

Business hours are 10 a.m.-2 p.m. on Tuesdays and Fridays. The shop is located next to the Fort Monroe Credit Union. It is open to the public for sales, but only authorized ID card holders can consign items. For info call 788-2566.

TRADOC Tattoo Sept. 21

U.S. Army Training and Doctrine Command will host the eighth annual TRADOC Military Tattoo — “A Call to Freedom” — on Sept. 21 at the Hampton Coliseum with performances at 2 p.m. and 7 p.m.

The Tattoo is free and open to the public, but attendees must have a ticket. Tickets may be obtained by sending a self-addressed stamped envelope to The U.S. Continental Army Band; ATTN: Tattoo Tickets; 10 Bernard Rd.; Fort Monroe, Va. 23651. Tickets are available on-line at: www.tradoc.army.mil/band; or by picking up tickets from The U.S. Continental Army Band on Fort Monroe between 8 a.m. and 4 p.m. Monday-Friday; or the Hampton Coliseum box office between 10 a.m. and 6 p.m. Monday-Friday. For more information, call 788-3265.

Around Town

Neptune Festival wine tasting

Virginia wines are maturing nicely and 23 celebrated Commonwealth vintners will set up shop at 24th Street Park in Virginia Beach Sept. 13 and 14 from noon to 5 p.m. during the 7th Annual Neptune Festival Wine Tasting. Sip and savor chardonnays, merlots, Rieslings and more against a stunning oceanfront backdrop coupled with gourmet food, live music and specialty vendors.

Wine tasters must be 21 years old to purchase a ticket or wine, and proof of age is required.

For more information or to purchase tickets, call 498-0215; or download the registration from www.neptunefestival.com.

Free concert in Yorktown

The York River Concert band will present a free concert at the Grace Episcopal Church in Yorktown Sept. 14 at 5 p.m. Bring a lawn chair or blanket and a picnic supper and enjoy the music. The concert is sponsored by the Celebrate Yorktown Committee with support from the York County Arts Commission and Grace Episcopal Church (located at 111 Church Street, Yorktown). For more information, call 890-4480.

Seafest XXII

The Virginia Peninsula Chamber of Commerce presents Seafest XXII, featuring one of the finest seafood buffets in Hampton Roads

plus, soft drinks and adult beverages. This Sept. 17th event at the Hampton Coliseum is the Peninsula’s largest business-to-business trade show and seafood festival, which presents excellent networking opportunities for attendees. Doors will be open from 4 to 8 p.m. Tickets are \$25 in advance or \$30 at the door. Order tickets by phone by calling 838-4203 or online at www.vpcc.org.

Fall Science Series

The Jefferson Lab Fall Science Series kicks off on Sept. 23 with guest speaker Richard Tapia, a mathematician and professor in the Department of Computational and Applied Mathematics at Rice University, Houston, Texas. He is internationally known for his research in the computational and mathematical sciences and is a national leader in education and outreach programs.

His presentation, “Mathematics is Everywhere in My Real Life,” includes his experiences with BMX bike racing and car shows. In the first part of his talk, Tapia uses lively video footage to identify and illustrate what he calls “the curse of lane 8” or the fair lane assignment problem in BMX bike racing. He then uses his training to formulate the problem mathematically and solves it. In the second part of his presentation, he shows how psychedelic video images are constructed entirely using mathematics.

The presentation begins at 7 p.m. in Jefferson Lab’s CEBAF Center auditorium, 12000 Jefferson Avenue, Newport News. It lasts about one hour. It is free to anyone interested in learning more about science. During the Science Series events, enter at Jefferson Lab’s main entrance (Onnes Drive), for security purposes. Everyone over 16 must carry a photo ID and security guards may perform ID and vehicle checks. For more information, visit <http://education.jlab.org/>.

Joint services EFMP

Families, EFMP coordinators, medical staff, personnel and professionals working in the field of special needs, will join Sept. 23-24 for the 9th Annual Joint Services Exceptional Family Member/Special Needs Awareness Forum. For more information or to register, call 878-3638 or e-mail sheppardc@eustis.army.mil.

At the Movies

**Showing at the
Langley Air Force Base Theater:**

Friday, September 12

7 p.m. — GIGli (PG-13)

Saturday, September 13

7 p.m.— American Wedding (R)

Friday, September 19

7 p.m. — Bend it Like Beckham (PG-13)

Saturday, September 20

2 p.m. — Freaky Friday (G)

7 p.m. — Uptown Girls (PG-13)

*All movies at 7 p.m. unless otherwise noted
Adults — \$2; Children 6 - 12 years old — \$1.50;
and Children under 6 — free .*

*(If a child under 6 occupies a seat at a G-rated
movie, admission is \$1.50)*

** Special movie showings are available.**

*Contact John Low at 766-1237; or
LowJ@aafes.com for details.*

Hearing test for soldier spots warning signs of serious condition

BY SUMMER ALFORD

Many soldiers take their hearing for granted, but one soldier has a new respect for the luxury of sound. Staff Sgt. Todd Hafer of Fort Riley, Kan., has lost most of his hearing in one ear.

Hafer had no idea that a hearing test could have caught the warning signs of cholesteatoma, a benign growth of skin in an abnormal location such as the middle ear.

“I had perfect hearing before. Now I have less than 30 percent of my hearing in my left ear,” said Hafer. “I have only one of the three bones in my ear, with no ear canal.”

If left untreated, cholesteatoma can cause an erosion of the bones behind the eardrum, leading to severe hearing loss.

The initial signs of a cholesteatoma are drainage from the ear canal, a full feeling or pressure in the ear, along with hearing loss.

Without the bones in the ear, sound cannot be transferred to hear, said Hafer.

In late 2001, Hafer had his hearing tested after feeling the warning signs that something may be wrong.

“I got motion sickness, and I had a hard time even driving or riding in cars,” he said.

“The last hearing test I had before the one in July 2001, when they found my problem, was in Korea in 1998,” said Hafer. The test in 2001 showed a 40 percent hearing loss.

“Everyone should receive annual hearing loss screening,” said Irwin Army Community Hospital audiologist 1st Lt. Jillian Kibby. It is not a full diagnostic test but its purpose is to have a first initial screening to compare with future screens to detect damage.

“Since my activation here, I’ve even caught two early cases of possible otosclerosis, a treatable hearing loss that usually goes undetected unless the individual happens to have a screening or the loss progresses to the point that the individual notices it,” said Kibby.

Kibby said that noise-induced hearing loss is painless, progressive, permanent and preventable.

“Hearing loss is the most common, yet preventable injury in the Army,” she said. “By the time soldiers realize a problem with their hearing, it is too late.”

“I can’t say that the test would have caught it, but in my case it would have helped,” said Hafer. “The hearing test was a way of finding the problem.”

He said he did not have his hearing checked earlier because no one specifically recommended it, and there was no hearing van at the time.

Hafer was a mechanic before losing his hearing.

“I haven’t worked in my job since my first surgery,” he said.

He underwent two surgeries to remove his ear canal and all parts of the ear except one bone.

“They drilled out my skull twice and cut the back side of my ear from top to bottom,” he said. “As far as being disabled, I have to go to the hospital every six months to have my ear cleaned out. I can’t do it by myself anymore.”

“Hearing loss is a serious condition that could determine if soldiers are fit to perform their assigned duties, which could result in reclassification or maybe even a medical discharge,” warned Staff Sgt. Tyrone Manning, noncommissioned officer in charge of the Ear, Nose, Throat and Audiology Departments at Irwin Army Community Hospital.

Reconstruction surgery is available. However, there is a less than 50 percent chance that 50 percent of the hearing will be restored, said Hafer.

“The surgery is risky because it could affect nerves in the brain causing uncontrollable facial

movements.”

“My Army career is almost over,” said Hafer, “and I am being sent to the Military Medical Review Board.”

(Adapted from the Fort Riley, Kan., Post, where Summer Alford was an intern staff writer. Courtesy Army Medicine News Service via Army News Service)

HEARING LOSS (Continued from page 8)

the middle ear system works. We use an immittance audiometer. It physically moves your eardrums back and forth with air to see how “springy” they are. If there is fluid behind the eardrum or if bones are fused together, they are not going to be as springy as they should.

Next is the speech audiometry test, which we use to detect how soft we can make speech for someone to hear and identify what is being spoken 50 percent of the time. The second part of this exam is a word recognition test.

The third is the pure-tone audiometry test. This tests an individual’s ability to distinguish very precise frequencies that are found in the human voice – foghorn, hum or squeak-like sounds. It is used to assess the physical ability to detect these sounds or the presence or absence of these sounds. High-frequency hearing loss is a classic sign of exposure to hearing hazards and is detectable with the pure-tone audiometry test.

For more information, contact Gass at MACH at 878-3161.

4X10 GEICO

Tim Duffy from the Massachusetts National Guard's 102nd Fighter Wing, the first F-15 pilot to reach the World Trade Center site on 9-11 to lock down the airspace over Manhattan.

While sales for both prints were steady, buyers at the Pentagon

event tended to favor the Pentagon print, because they said they felt such a personal connection to it.

Like Hodge, Army Lt. Col. Tom Cleary from the Army G1 (Personnel) staff remembers feeling tremendous relief on 9- 11 when he watched Eckmann's aircraft streak

overhead. "As bad as everything seemed at the moment, seeing that plane showed that we were able to react and that we were doing the right thing."

Cleary said he plans to hang the print at home to serve as a constant reminder of the lessons of 9-11, "as

much for my kids as for myself." That lesson: "Don't ever take anything for granted," he said. "This will be a constant reminder, something for me to pass on to my children."

Air Force Capt. Robert Birchum, who had been assigned to Air Force

5X12 SUNCOM

Intelligence for just three months on 9-11, said he particularly likes the print because it shows American response at one of the country's difficult moments. "It shows our vulnerability, but it also shows our strength," he said. "Those pilots were ready to engage anything they encountered. To me, this painting represents our fortitude – how we're still here standing strong, even after such a tragic event."

"It shows America regrouping in our very best tradition, a tradition that goes way back to the Minutemen," agreed Navy Capt. Chris Noble from the Office of the Assistant Secretary of the Navy for Manpower and Reserve Affairs. "When the unexpected happen, America was ready to respond, and it was the citizen warriors who were the first to do so."

Jim Laychak, president of the Pentagon Memorial Fund, Inc., thanked Herter for his support for the fundraising effort. Profits from the sale will go toward the \$20 million needed to build and maintain the Pentagon Memorial.

"It's great to be part of something like this," said Laychak, whose brother, David, was among 184 people killed in the Pentagon attack. "It's one more step toward reaching our goal so we can move forward with the memorial," he said.

"I want to preserve something for my family, for the other families, for the nation. I look at this as a gift to the people that are left behind."